



**Challenge:** Dr. Mary Wallingford, a senior fellow in the Giachelli Lab at the University of Washington, needed to learn a new method to move forward with her own research on vascular development and vascular disease.

**Solution:** Wallingford was unable to pin down someone who knew the technique. Faced with halting her experiment until a new member was hired for the lab, she turned to JoVE. There she found a video by Li Liu and Karen Duff from Columbia University about cerebrospinal fluid collection from the cisterna magna in mice that she needed to continue her work.

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*“Visualizing the experimental techniques greatly decreases the time it takes to perform a new technique with high efficacy.”*

-Dr. Mary Wallingford, University of Washington

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## Results/Benefits:

- By watching and learning from a JoVE video, Wallingford was able to improve dissection techniques so successfully that it saved the university from hiring extra help in the lab. This added position would have been salaried at ~\$40,000.
- Wallingford now uses JoVE to train new students in the lab, to learn techniques related to her own research field, and to learn methods from other fields pertinent to her work.